Penny Token Left by Will Brings Great and Unexpected Mineral Riches.

By MILDRED CAROLINE GOOD-RIDGE.

"And to my second nephew, Ronald Rinir, as a reminder of his remarkable lence. powers of memory, I leave the munificent sum of one penny. As he has sad and moody ramble ending at the seen fit to imitate my peculiarities in barren twenty-acre lot. In going private, so may he copy my diligence, over it he stumbled, his watch chain beginning life on one cent capital, caught on a bush, and the penny which is more than I had at the snapped loose and disappeared down start, and making his own way in the a great open crack in the ground. world."

the slow, measured tones of Lawyer He saw a man digging on an adjoin-Jepthali Blair, stern, practical man as quest of the lost memento. was, cast a mournful and sympathetic look at the young man. He to manipulate the dry, crumbling dirt. liked Blair immensely, as did every At a depth of four feet, the bottom one else in the town, unless it was of the crack, the penny was pro-Hugh Telford, seated also in the duced. apartment. He smiled victously and triumphantly. He was safe ashore while Ronald was floundering in dark waters. The "Blair Plat" was to be voin!" given to Telford, together with stocks and bonds valued at \$10,000.

I suppose you feel like cursing Uncle Jepthah." insinuated this precious young schemer and spendthrift. a handful of the scrapings from the Ronald was pale: disappointment and chagrin showed in his frank, sensative face. It hardened as he fixed his clear accusing eyes upon his sneering relative.

he replied steadily. "If I was of the cursing sort you might erite vein had been tapped. come in for your share, for-I understand, how.

He left the lawyer's office as he spoke and a shade of anger and fear crossed the features of Telford. Ronaid had to admit that he had expected a substantial legacy. He had every reason to anticipate it. It was cruel, after all his hopes and plans, and his heart sank like lead as he thought of Ruth Mason, his fiance.

Where should be go for comfort save to her? It was his privilege, his



"That's the Real Stuff!"

ight, and half an hour later he cated by her side on the porch of as well as to develop their brains the Mason home.

all that I have to tell you, dear," he should provide means of teaching that said to the pitying angel at his side. most valuable and pleasurable accom-Two years ago when Hugh and I plishment. were at college there was a character play. In it was a miserly old develops muscles rarely used in other fellow, in dress and actions so fully sports and its usefulness is beyond a counterpart of Uncle Jepthah that question. Yet comparatively few permany recognized it. This came to sons learn to swim. There are sailors his ears, and that will was made. In who have spent many years on the reality Hugh had made the suggestion water but are unable to keep affoat of the character to a chum, and rath- when suddenly cast into the element er gloated over showing up the old with which they ought to be thoroughskinflint, as he called his uncle ly acquainted. Drownings are far too Then when the matter got public he numerous, knowledge of how to swim became frightened and told uncle that would greatly lessen their number. I was the culprit."

"But you told me that later everything was explained to Mr. Blair," suggested Ruth.

That is true, and uncle took me back into his good graces. He even called upon Hugh in my presence to verify his statement that he had destroyed the will made in anger. Then he died suddenly, intestate. Now this will appears. By some trickery A am convinced Hugh preserved it." "But the law," began Ruth.

"I shall not appeal to it. Let Hugh go his selfish, cowardly way. long as I have you what does the rest matter? We can wait a little while longer, can't we, dear?"

Ruth lifted her sweet, bonny to his, ineffable tenderness and fidelity in its beautiful depths.

Ronald preserved the penny left to him. Most fellows would have cast away to Martinique, whence he reit away with an anathema. Ronald knew his old uncle meant to do him justice. It was a rare old Scotch coin. He had the leweler make a hole in it and suspended it from his watch

The Blair Plat left to his cousin was valuable property. Just before the death of Mr. Blair a deposit of a rare and valuable clay used in stereotyping and for electrical purposes had en discovered. It was known as omcerite, found elsewhere only in Austria and Utah. If things turned out as they promised, Hugh would

ome day become a wealthy man. Adjoining the plat was a twenty acre patch of sterile land which had seen left to Ronald by his mother. It was of so little value that he made no attempt to have it cultivated, but secured a position as an accountant in a near city.

There reached him the first week the disquieting intelligence that Hugh was hanging around the Mason he a good deal. Then he received a let-ter from Ruth. It read: "Be patient for a year. I am going away and you must not write to me." There was no further word, and Ronald felt that way from him.

The business went well. The penns

Iffs business went well. The penny semed to bring him good luck. In street meior the bullets severely

wounded two innocent bystanders, ONE CENT CAPITAL wounded two innocent bystanders, but one striking the penny glinted off and left him unscathed. Then the penny was observed by a loyal old Scotchman, leading to a friendship and a large amount of business.

It was just a year later when Ron-ald paid a visit to his home town. He learned that the wonderful oxocerite vein had run out. Hugh had pretty nearly dissipated all his ready money. He boasted however, that he was engaged to Ruth and Ronald believed this after her inexplicable si-

in later years be never forgot a

Ronald had no thought of losing a The legates in question listened to token which he sincerely trensured. Jones like one in a dream. The read- ing farm, went over to him and barer of the last will and testament of gained for a careful excavation in

It took some delicacy of treatment

"Hello!" suddenly exclaimed the workman as he scraped off his spade -"say, if this should be the real

"The what?" questioned Ronald vaguely. The vein of ozocerite, Look here-

that's the real stuff," and he took up spade. It was "the real stuff:" that was

All the town was on fire over the rare good luck the old penny had brought to Ronald, for the real ozoc-

Ronald was standing on the land that promised so much in the yellow dusk of the fading day a few evenings later, when a familiar figure came up over the rise in the landscape.

His heart stood still-as she Then a bitter thought proached. came into his mind-Ruth had heard of his good fortune.

"The year is over," she said brightly as she approached him. "Did they never tell you? It was Hugh Telford who laid his fortune at my feet, and my foolish father encouraged his suit. Finally it was agreed that I should take a year to decide, away from both of you. As if a year or a thousand could make me forget-you!"

And she lifted the old penny from the hand of her lover, the lucky penny of old Jepthah Blair, and

(Copyright, 1913, by W. G. Chapman.)

# TEACHING CHILDREN TO SWIM

Valuable Course Has Been Added to the Public Schools of the City of Pittsburgh.

A course in swimming has been added to the required studies in the public schools of Pittsburgh, and Dr. Watson L. Savage is quoted as saying that he will see to it that every child in the city is taught to swim. This is a step in public education that deserves the hearty approval of every parent and every seeker of the public welfare.

"To ride, to shoot and to speak the truth." was the ancient Persian Ideal of education. Needless to say, this was for boys only; girls in this day fare better than when the maxim was They are taught nowadays. Alike boys and girls ought "It must be between you and me; to learn to swim, and the public

> Swimming is a splendid sport: it May the time soon come when every child who passes through the public schools will have learned how to swim.

Nelson's War Stores Found An interesting find is reported from Rome. Some fishermen declare that a shepherd has found near Cape Testa. the extreme northerly point of Sar diana, a large cave, containing an enormous quantity of powder and other

war stores.

It is thought probable that the As stores were placed in the cave by Nelson when he was watching the French fleet at Toulon in the operations which ended in the battle of Trafalgar. Nelson used Sardinia as his base of supplies, and it was while he was refitting there that Villeneuve escaped from Toulon and got clear turned to European waters, where he was at last brought to bay. The Italian military authorities are investigating the find,

> Had Two Points of Beauty. Tasmania's pretty girls of European lineage have never been tempted to follow the fashion of the native Tasmanian women, who had all their hair removed with a flint and went baid. The last pure blooded Tasmanian woman died in 1876, aged seventy-six; the last man in 1876, aged thirty-four A traveler says that the native had two fine points-eyes and teeth. The eyes were prominent and often of great beauty and brilliancy, and ientist of wide experience knew of no teeth equal to the Tasmanian's for strength, size and enamel. But the tose was bridgeless, the chin "ran off"

> > Twisted Title.

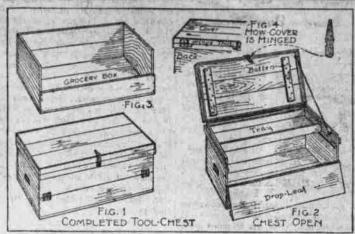
and the upper jaw protruded.

When the baby became tired of her andy and placed nearly a whole stick in the table Sister Marjorle took up he sweet and began to eat it.

This made the baby cry lustily ding "You don't want it, and still you don't want me to have it," said Mar-suny farie; "goodness, baby, you're just in like the 'dog in the stall' I rend about

# BOYS' HANDICRAFT By A. NEELY HALL

Author of "Handicraft for Handy Boys" and "The Boy Craftsman"

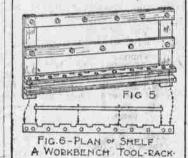


A TOOL-CHEST AND A TOOL-RACK, | nailed to the drop-leaf; then, by

If you received an outfit of tools for and slipping a padlock through the cabinet

A chest is very simple to make. A the box. grocery-box or small packing-case about 28 inches long, 14 inches wide one may be procured at the grocery condition, and go over it and renall all boards that show signs of loosening; also drive in a few extra nails as additional re-enforcement.

has a drop-leaf in front, which makes it a big improvement over the common form of solid front, because you can reach down under the tray and get a tool in the bottom of the chest without having to remove the tray. One of the side boards of the box should be removed for the drop-leaf,



and it should be hinged to the remaining portion of the side, as shown. Batten the cover boards together upon the under face with two battens as shown in Fig. 2. Then cut a number of strips two inches wide and three-eighths-inch thick and make a rim for the cover, nailing the strips to the edges as shown in the drawings. Set the cover upon the top of the box, locate where the lower edges of the rim come, and at this point around the box. This will form a ledge for the cover to set upon. Hinge the cover in place as shown in Fig. 4. Fasten a hinge-hasp to the cover and | ways know where to find it. a staple to the narrow band strip

Christmas, or a few as the start of an staple, not only the cover will be outfit, one of the first things you locked, but the drop-leaf will be also. should do is provide a receptacle for Procure a pair of trunk-handies, winthem—unless they came in a chest or dow-sash lifts or drawer-pulls for handles, and screw one to each end of taking his first phonographic records

The tray should be made a triffe shorter than the inside length of the and 10 inches deep may be used, and box, about one-half of the width of the box, and three or four inches deep, or a dry-goods store for 10 or 15 and a small strip should be tacked to proven within the ensuing two days. cents. Select a box that is in good each end of the box, inside, for a cleat to support the tray. Hooks and pockets may be fastened to the inside of the cover, to hold tools, and the bottom of the chest may be par-The chest shown in Figs, 1 and 2 titloned off with strips for the planes saws, etc.

Stain the chest any color you wish to have it, making a stain of oil paint thinned with turpentine, and when this has been allowed to soak in give the wood a coat or two of shellac.

It is very handy to have a tool-rack back of the work-bench, or on the wall within easy reach of the bench, to hold tools between operations, and a simple form for such a rack is shown in Fig. 5. The lower shelf is intended to rest upon the bench-top. if you fasten the rack to the bench and it supports the ends of bits and other small tools dropped into the holes in the shelf directly above it. Cut the two shelves of equal propor tions. Bore holes through the upper one, spacing them about as shown in Fig. 6, and then with a saw and chisel cut slots in the back edge of the piece and nall a narrow strip such as is shown in Fig. 6 to the shelf, to form a back to the slots (Fig. 5). Spools of various sizes should be screwed or nailed to the upper horizontal pieces of the rack, to hang tools upon.

If you fasten the rack to your bench, screw the lower shelf to the bench-top and the lower ends of the uprights to the back of the bench. Do not leave your tools in the rack when you are through working. It will be too great a temptation nall a band of the two-inch strips somebody to borrow a tool now and then, which they may forget to return to its place. Put everything away in your chest, and you will al-

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#### OLD TABLOID RECORDS FOUND | KEEPING THE CHILDREN COOL

French Government Unearths 45,000 Back Yard Shower Bath Which Fresh Tablets in Babylon-Show Inventions of Centuries Ago.

"We think we are a great people, even suggested a recall. Sir, this re- Japanese kimono rolled under

tion that four thousand years ago the phonograph was used in ancient Egypt, and was in reality only perfected by Edison in the nineteenth century. There is evidence also of the use of wireless telegraphy before the Christian era, while the Egyptian alphabet has proven to be a scientific key to organized human speech. It is a hard blow to our self-sufficiency to find that the banjo of the southern plantation with its fascinating ton," Joe Mitchell Chapple in Nation-

Still Unexplored.

All the opportunitites for adventure are not over, though the north and south poles have both been conquered. In Africa there are 20,000,000 square miles of land as yet unexplored. In Liberia a tract of 20,000 square miles

Why He Did It. glee club?" to take that step?" "I don't know. But, judging by sound, I guess it must have been melancholis."

For Cutting Noodles, A shaft carrying a number of par-allel wheels and provided with a suit-able handle has been parented by an

ens Them and Helps to Pass the Hot Days Pleasantly.

In Pasadena, a "bunch" of little said the retired army officer, taking children have the most delightful off his glasses, "and we feel that we kind of a shower bath each afternoon, progressing at a tremendous and the suggestion may appeal pace, but here's a newspaper account other mothers. Their back yard bath saving that the French government is completely surrounded by a lux has unearthed in Babylonia 45,000 tab- uriant hedge of pomegranite covered lets, giving a history in full of the in turn by the beautiful morning reign of the ancient kings. Here we glories. About three o'clock the chilfind for the first time that Babylon, dren undress in the house, putting on and not Rome, was the real 'Mother a regular bathing suit. Then each of Law.' In those days there was a child grasps her own tin bathtub and system of courts and of appeals that with her slippers and pretty flowered port also states that during the days arm makes a grand rush for the car af Nebuchadnessar they had a free den. The tubs are set down in any rural delivery of mail over every high- place desired, the slippers laid aside. way in the kingdom. And, shades of kimono and bath towels hung up be Grover Cleveland!-It has also been hind the garden door and the fun be proved beyond a doubt that the Egyp- gins. Each child in turn gets the tian government in 4,500 B. C. had a hose and plays it in the tubs and on perfected system of civil service, each other until the tubs are filled There is a record that the first tur-bine engine was invented by the Then each child makes for its own Egyptians, and that Archimedes de- tub which is full of overflowing vised this mechanical contrivance by Down they sit until just the curly which the fields could be watered heads and shoulders rise above the when the Nile was low. This is the rim. Then father or mother come on same principle that, is used to drive the scene, the tubs splashing over are the latest additions to the Cunard- refilled and then the children, one by one, stand up and inflate their chests What shocked the doughty old while the hose is turned directly on American most of all was the informa. them. Brown as berries are these children, bright of eye and firm of muscle. A little longer splashing and out they jump one by one to strip rub down, and don slippers and ki

monos for a little run about the yard before going in to dress for dinner. How Tailors Sew on Buttons Tallors double their thread used to ew in buttons and make a knot and hold the knot in the teeth while they twist the thread, then they wax it and "thrum" only echoes the musical in that keeps it twisted. Then they put struments used by Egyptians in pre-historic times.—"Affairs at Washing-buttons are sewed on they remove the pin and wind the thread around several times, making a kind of a stem. This makes it more easy to button the garment. The buttons on children's waists should be sewed on this way so more than one garment can be buttoned on the same waist -Home Department, National Magazine

London's Fog Expensive.

It is said the London taxpayer is put to an extra expense of \$60,000 an-Why He Did it.

"So your oldest boy has joined the of fog. One gas company alone furee club?" "Yes." "What caused him nishes gas to the value of \$15,000 over and above the normal figure on a single day of fog. The suspension of traffic is another serious item.

Great Leaves of Palms. There are pain trees growing on the banks of the Amazon whose leaves are from ten to twelve feet broad and from thirty to afty feet long.

death scene? They were crying all over the house!" Stage Maanger—
Yes, they knew you weren't really dead.—Tit-Bits.



### "Canned" Indian Songs to Be Placed in Archives



ASHINGTON.-Geoffrey O'Hara, recently appointed by the interior department at Washington to record the tribal songs and music of all American Indians, began his work of the songs of the Blackfeet Indians being in New York. He sent Mr. having them sing into phonographs dian interpreter, says: and the records will be brought to this city to be put in the government music of the original Americans. The Indians have been singing to sweet home."

phonographs under the direction of Mr. O'Hara. The Indians could hardly grasp the idea at first of how they could sing into a tin horn and thereby record their music. After the first song had been sung, however, the reproduction was given them in a few minutes and the magic of the operation was bewildering to them. They thought it was the most won-derful of all the wonders they have seen since their invasion of the east. Mr. O'Hara is arranging to visit Glacier National park early this summer and complete his records of the

Blackfeet tribe there. Through the interior department arrangements were made to take these records privately in New York from Glacier National park, Mont. in an out-of-the-way loft. There is Secretary of the Interior Lane took one song in particular which the advantage of the Blackfeet Indians Glacier Park Indians sing, in which musical critics find considerable O'Hara on to New York from Wash. merit. This is a song descriptive of ington to begin his laborious task the Blackfeet Indian's love of his with these Indians. Mr. O'Hara is home environment. Big Top, the In-"My people always sing this song,

because when they go away from the archives, preserving for all time the mountains their hearts are lonely, and it makes them think of home,

# Defendants in Court "Demonstrate" Innocence

C. HARPER, clerk of the police court, reading charges of disorderly conduct to Harry Johnson and Charles O'Connor, knowing that the charge of "cursing and swearing" was generally contained in such information, included these words:

"How do you plead, guilty or not guilty?" Mr. Harper demanded. No answer.

To facilitate the business of the court, Bailiff Hopkins went close to the men and asked them in a low tone whether they were disorderly or not at the time mentioned in the paper. But he received no answer. "Are you guilty or not?" Mr. Har-

per asked, in a polite but somewhat louder tone than he had used before. Still no answer. After some confusion, Policeman

Brennan, who arrested the men, was called, and explained to the court that the men were both deaf and dumb. "How could these men be 'cussin' court demanded.

"They weren't, your honor," Brennan responded, "but in spite of that crowd in court was removed when the they sure were having a hot time up on Seventh street Saturday night. I ment.

guess they won't do it any more, though. One of them wrote me a note to that effect."

After Mr. Harper wrote out the charge of disorderly conduct, not including profanity, for them, they both gave a nod, indicating they were guilty. After hearing the testimony, and on the recommendation of the policeman, Judge Pugh took their personal bonds.

This is a legal form which requires that the clerk read a certain formula to the prisoners whose personal and swearin' if they can't talk?" the bonds are taken, after which he is allowed to go free, and the last check on the laughter of the large Monday clerk had to conform to this require-

# Why Mrs. Townsend's Great Dane Was Lonesome



THERE is a splendid great Dane in Washington, who is also a bit distrait, and inclined to be lonesome because he cannot realize the perfectlyat-home feeling, which makes dogs of high and low degree at ease with the world, and utterly content. He belonged to M. Constantin Brun, the minister from Denmark, who presentthe most magnificent homes in Wash- ped, because she was nervous. ington, shown every attention, and given every luxury that the most ambitious dog in the world could dream only speak French and English to him of. But he was not happy, and began over there, and he gets so homesick calling upon the people across the street at first only occasionally, and comes here to visit my Danish butthen twice a day, once spending the

greater part of the forenoon, and again staying two or three hours in the afternoon. Finally he went back in the evening, and guests arriving for cultarities. "That's strange. I was a dinner party at the house across from Mrs. Townsend's found the great Dane at the steps.

One guest, whose dog is a dainty, coquettish Chow, passed an awful me ment when she had visions of never getting past the great Dane, who seemed greater and greater as he stood above her, on the topmost step across the carved walnut doors. When she finally accomplished it,

with the help of the chauffeur and footman, she entered the drawingroom all but breathless. "Why doesn't that great Dane of

Mrs. Townsend's stay at home? ed him to Mrs. Townsend, and the has all of that large garden to wander great Dane was introduced to one of about in, over there, and-" she stop-

"Oh, that dog is simply lonesome," her hostess explained. "You see they to hear his native tongue that he

#### Bryan Wants Division Daniels Gathers Eggs;

SECRETARY of the Navy Daniels the other day disclosed the fact that he keeps at his country place near Washington some ninety chickens, that yield him every day twenty eggs, and he thereby put himself in line for a lot of trouble.

For when Secretary of State Bryan who keeps a riding horse by the name of Rex, but who owns no chickens, heard about his colleague's wealth, he made the proposal that Mr. Daniels ought to divide those fresh eggs among the other members of the cabi-Mr.' Daniels has not yet been heard from on the proposal, but the general opinion is that if the secretary of state wants any of the eggs from the Daniels chicken coop, he will have to mount his horse Rex some morning before daybreak and ride out and

get them himself. Secretary Daniels said incidentally that he is opposed to having the throp, "will be a series of pictures of clerks of the government departments infant life as we have found it. They report at 8 o'clock, because it would will be issued in an effort to dissemi necessitate his making his morning nate and popularize scientific knowlrounds to gather eggs at least an hour edge of child-bearing and raising in earlier each day. Mr. Daniels allows a manner that will be understood and

**OUCKTO** 

up for it by staying half an hour later in the afternoon.

Raising babies as a fine art is the latest subject for the output of Uncle Sam's printing office, according to the announcement made by Miss Julia Lathrop, head of the children's bureau of the government.

Work has already been begun, she said, on a series of "infant bulletins." "These bulletins," said Miss Lahimself to be an hour later than the appreciated by every mother in all clerks of his department, but makes stations of life."

Post Impressionist-Of course I paint purely for my own amusement, you know. Visitor to Studio-Nonsense, my dear fellow. They simply tickle us to death, too!—London Opinplaster, and, a minute after, the natiand let it dry. The nail will be per-

fectly secure after it has dried. Leading Tragic Man-"Did you see how I paralyzed the audience in the death scene? They were crying all over the house!" Stage Mannger-

When a wall is so soft that it will not hold a picture nall, mix a little plaster of paris in a teacup, enlarge the hole to a fair size and insert the

She Knew Better Teacher gave as her morning quota tion, "Many hands make light work." Lucy was heard whispering to her neighbor, "Not if you had to wash them as often as I have to do mine."

## PAINFUL, TRYING TIMES



an. The wife who has a bad back, who is back, who is weak or tired all the time, finds her duties a heavy burden. Thousands of nervous, dis couraged, sick sick

ly women have traced their troubles to sick kidneys — have "Every Picture Tells found quick and thorough relief through using Doan's Kidney Pills. The painful, trying times woman's life are much easier bear if the kidneys are well.

An Iowa Case 100 S. 6th St., Fairfield, In., says Get Doen's at Any Store, 50c a Box
DOAN'S HIDNEY
FOSTER-MILBURN CO., BUFFALO, N. Y.



\$3,000,000 mentify dividends now being paid to investors in Okishoma Oil Companies; \$2.20 returned for every Jollar invested last year, Oil proportion surpasses in value that of any other state. Only state whose production is increasing. \$100 invested now may make year independent. Information free, R. C. M'LEOD, SALES MANAGER, 419-420 PHRST NATIONAL BUILDING, TULSA, OKLAHOMA.

For literally shooting trees to death a pistol has been invented in England that fires into their limbs steel bolts that tear out the living cores,

WILL RELIEVE NERVOUS DEPRESSION AND LOW SPIRITS.

The Cid Standard general strucythening tonic, GROVES TASTELESS chill TONIC, arouses the liver to action, drives out Malaria and builds up the system. A sure Appetizer and aid to digostion. For adults and children. 50 certs.

Ragtime Made Easy. One day my mother cut her finger and she put a rag on it. Then she

went to church to practice on the pipe organ, and a little boy who was there said, "O, Mrs. H .- can play ragtime now."-Exchange.

It is All Handled. "Tell your mother not to forget

when she needs bread that we handle "Mamma wants bread that is not

handled."

Church on Historic Site. St. Alban's church, London, which occupies the site in Brook street of the thieves' kitchen described in "Oll-ver Twist," is to celebrate its fiftieth year of existence on June 22. From the date of its foundation it has had the faithful "Father" Stanton watching over its destinies.

Satisfied the Professor. The story is told of a college professor who was noted for his concentration of mind. The professor was returning home one night from a scientific meeting, still pondering over the subject. He had reached his room in safety when he heard a noise which seemed to come from under the bed. "Is some one there?" he asked. "No, professor," answered the intruder, who knew of the professor's pecommented the learned man.

#### ADDS TO THE LENGTH OF LIFE

Nothing Better Than Pedestrian Exercise, Especially to Those Who Have Passed Beyond Youth.

Some of the most noted of the old men of New York, successful in business, the professions and public affairs. have formed a walking club for the purpose of making their pursuit of still greater length of days and still better health as agreeable as it is sensible. They intend to take long walks together and, no doubt, to make their pedestrian experiences the subject of entertaining discussion and a store of memories held in common. This is an example which might well be followed in every city of the United States. In the era of motor vehicles there is danger that walking will be increasingly neglected, especially by men and women advanced in years, who often need it most. There is a constant temptation to forget that riding in the open air, fine is it is in many ways, can never do for the body what walking does.

MORE THAN EVER Increased Capacity for Mental Labor Since Leaving Off Coffee.

Many former coffee drinkers who have mental work to perform, day after day, have found a better capacity and greater endurance by using Postum instead of coffee. An Ills. Woman writes:

years, and finally had what the doctor called 'coffee heart.' I was nervous and extremely despondent; had little mental or physical strength left, had kidney trouble and constipation. "The first noticeable benefit derived from the change from coffee to Postum

"I had drank coffee for about twenty

was the natural action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steady.

"Then I became less despondent, and the desire to be active again showed proof of renewed physical and mental

"I am steadily gaining in physical strength and brain power. I formerly did mental work and had to give it up on account of coffee, but since using Postum I am doing hard mental labor with less fatigue than ever before." Name given by Postum Co., Battle

Postum now comes in new concentrated form called Instant Postum. It is regular Postum, so processed at the factory that only the soluble portions

A spoonful of Instant Postum with hot water, and sugar and cream to taste, produce instantly a delicious

Write for the little book, "The Re

"There's a Reason" for Postum